

City of Columbus Early Childhood Obesity Prevention Coalition

_____ Steering Committee

_____ Working Group 2

_____ Working Group 1

_____ X Full Coalition

Date: April 27, 2010

Time: 10:00 am – 11:30 am

Location: Columbus Public Health
Meeting Room 119D
240 Parsons Ave.
Columbus, Ohio 43215

Chairperson: Autumn Trombetta MS, RD, LD

Facilitator: Cheryl Graffagnino MS, RD, LD

Attendees: Deb Vanderborne (CUL Headstart), Grace Kolliesuuh(CPH-Caring for 2 Bobbi Westenheffer (YMCA), Liz Klein (OSU), Dawn Sweet (WIC), Jacqueline Broderick-Patton (CCS), Christine Green (CPH), Noreen Warnock (Local Matters), Sandy Gill (CPH), Pat Reider (OSU Extension - EFNEP), Valerie White (OSU Extension – EFNEP), Barb Seckler (CPH), Megan Arnold (Westerville Parks and Recreation), Tammy Derden (Happy Healthy Preschoolers)

Meeting at-a-glance:

- New member introductions.
- Program updates shared.
- Working groups reviewed 9/30/2009 draft of plan.

Consensus Achieved:

- Continue smaller working group meetings to advance goals.
- Reconvene Steering Committee to finalize plan for publication

Next Steps:

- If you are interested in facilitating a specific goal, please contact Cheryl or Autumn.
- Next meeting: Tuesday May 25, 2010 10:00am -11:30am at Columbus Public Health, Room 119C.

Meeting Notes:

Agenda Item 1:

Autumn Trombetta welcomed the group and facilitated introductions.

Agenda Item 2:

Program Updates:

- ☐ **Ohio State University Prevention Research Center (Liz Klein)-** Prevention Research Center is moving forward. There are several opportunities for coalition members to become involved. Cheryl Graffagnino distributed a document at the request of Dr. Phyllis Pirie that outlines opportunities (document will be forwarded to coalition). Please contact with Carol Smathers, PRC Program Manager at 614-292-8181 or csmathers@cph.osu.edu

- **Columbus Public Health – Healthy Places (Christine Green)** – Healthy Places brochures are available. Please let Christine know how many copies your organization would like to have so that adequate copies can be ordered to meet the needs of our partners.
- **Columbus Public Health – Creating Healthy Communities (Sandy Gill)** – The Franklin County Physical Activity Plan is moving forward. Gearing up for summer Farmer's Markets to increase the availability of fresh produce. Forms of payment, including EBT, continue to be worked out. Updates to master list of farmer's markets to be completed by May 1, 2010. Smoke free housing initiatives continue.
- **Local Matters (Noreen Warnock)** – Their food education classes continue to reach over 900 kids per week and expanding to CDCFC Head Start sites. Updated coalition members on conference she attended last week that provided data and research specific to obesity in African American populations. Reminded coalition members of the Market to Market ride on Saturday May 1, 2010. The route is from the North Market to Hills Market in Worthington. Noreen also recommended coalition members read a new publication called Edible Columbus that highlights local food. Subscriptions are available at <http://www.ediblecommunities.com/columbus/>
- **Columbus City Schools (Jacqueline Broderick-Patton)** – Working to develop district level food and activity policies for the pre-K classrooms. Submitted a proposal in collaboration with CPH Healthy Children Health Weights and NCH Happy Healthy Preschoolers programs to develop a 3-day professional development strand for the 2010/11 school year. Awaiting response.
- **Ohio State University EFNEP - (Valerie White and Pat Reider)** – Continues to seek clients for their programs for pregnant women. Classes are available in both English and Spanish. An electronic copy of the program brochure will be forwarded with minutes of today's meeting
- **Columbus Urban League Head Start (Deborah Vanderbourne)** – Head Start sites are planting gardens. Seeing and increase in asthma diagnoses.
- **Healthy Start/Caring for 2 Project – (Grace Kolliesuuh)** – Program has chosen to target healthy weights for moms as their current project. Submitted grant last week, preparing for a national conference June 3, 2010.
- **Institute for Active Living – (Barb Seckler)** – Healthy Choices Committee held its first meeting this month. Members include local restaurant owners, representatives from larger chains, representatives from Ohio State University and members of the community. Goal is to draft recommendations for Mayor Coleman by the end of the summer. The Institute is working to distribute funding allocated by Priscilla Tyson to help start community gardens throughout the city. Get Active website will launch this summer. Four Wednesday night family bike rides with Mayor Coleman will be held this summer to help promote biking. Columbus Bike Event will be held on July 16th and 17th.
- **WIC – (Dawn Sweet)** – Dietetic interns are working with WIC and are looking for project related to childhood obesity – contact Dawn if you have projects that

students can assist with in coming weeks. WIC is gearing up for upcoming Farmer's Markets – they are working to be able to allow participants to redeem WIC coupons as well as the Farmer's Market vouchers. They distributed 4200 vouchers in 2009 with an 80%+ redemption rate. WIC is also recruiting Breastfeeding peer counselors to meet a state mandate for 8-10 peer counselors.

- ☐ **Westerville Parks and Recreation – (Megan Arnold)** – Partnering with Step By Step Pediatrics in coming weeks. Will be offering family friendly cooking demonstrations with a chef partner to share kid friendly recipes. June 12 they will offer a “Healthy Taste of Westerville” Event – a bike event using Westerville bike paths to connect riders to different locations for product sampling and nutrition education. Offering a Teen Fit program in partnership with Nationwide Children's Sports Medicine Center. This game-based fitness program will be for 11-14 year olds and offered at the recreation center and in parks.
- ☐ **Happy Healthy Preschoolers – (Tammy Derden)** – Presented last week as part of a conference on childhood obesity. HHP now has 40 sites recruited and is focused on sustainability at these sites.

Agenda Item 3:

Implementing the Strategies

- ☐ Based upon feedback from the March 2010 meeting – today's meeting will focus on a review of the whole plan. In the past several months, a number of new initiatives – both local and national – have been launched. Additionally, new members have joined the coalition. As a result – the working groups will:
 - Review the plan related to their focus area
 - Identify gaps or missing strategies/topics.
 - Identify strategies that may have been resolved or are no longer pertinent.
 - Provide feedback on wording and format

Agenda Item 4:

Breastfeeding Working Group

- ☐ Breastfeeding
 - Gaps identified:

Physical Activity Working Group – Christine Green, facilitator

- ☐ Physical Activity Resources
 - Promising strategies include increasing availability but no new strategies are listed such as equipment for home, the built environment, changing lifestyle, opportunities close to home.
 - Promising strategies should include how we can make the area close to home safer for physical activity including neighborhood watches and trail watch programs.
 - Link to Franklin County Physical Activity Plan (FCPA Plan)– strategy or impact objective.
- ☐ Physical Activity Policies
 - Work with existing worksite wellness initiative and the FCPA Plan to address policies that will impact pregnant women and children.
 - Use state legislation for physical activity standards K-12 as a model to advocate for PA standards in Early Childhood environments.
- ☐ Physical Activity Messages

- Education in ob/gyn office about physical activity. Women have many misunderstandings about what they should and should not do during pregnancy. Appropriate physical activity education is needed. Video at ob/gyn office was discussed.

Nutrition Working Group – Sandy Gill, facilitator

- ☐ Format is difficult to follow, challenging to connect process objectives to strategies.
- ☐ Many strategies and objectives are age/population specific statements that are part of larger community goals.

Screening and Referral Working Group – Jacqueline Broderick-Patton, facilitator

- ☐ Goal, objectives and strategies are appropriate and do not appear to be addressed specifically in other plans.
- ☐ No significant gaps noted.